

Guidelines

Residential Retreat

2004 Website Program Description

Prerequisites for this program: [Gateway Voyage®](#).

Guidelines® offers still another step in the development of more complete understanding of self.

In addition to exploration of your Total Self and creating an ongoing communication with your Inner Self Helper (ISH), the program gives direct training in the early stages of Out of Body training. This is the only Institute program that specifically provides these methods. Training in using a special dolphin energy--either individually or in a group--to heal both self and others is also an aspect of Guidelines.

The theme of Guidelines is to assist you in learning methods in which communication can be established with distinct and different intelligences. Whatever you call such intelligence (e.g., Total Self, Inner Self Helper, Guide, Non-Physical Friend, Universal Consciousness, etc.), it can be any constructive source that has an overview beyond your normal daily physical perception.

In addition, Guidelines encourages the practical application of such communications and states of consciousness. With practice, a person can learn to quickly and directly access whatever information is needed. Our goal is to make such lines of communication as open, direct, and natural as possible, so that during a business meeting, for example, you can calmly and serenely access the communication skills learned and concurrently apply them appropriately within the context of the situation.

Guidelines is held at the Institute in Virginia, and consists of a series of unique exercises which provide training in developing these lines of communication. After a review of Focus™ 10, 12, 15, and 21, the participant is taught:

- ❑ to easily achieve the state where such communication can occur;
- ❑ to speak and report during such states, without disturbing the attained form of consciousness;
- ❑ means and methods of establishing contact with other energy forms and;
- ❑ to retain full conscious awareness and memory of the communication achieved.

In addition to guided Hemi-Sync® tape exercises, there are:

- ❑ group discussions,
- ❑ application sessions,
- ❑ an individual one-to-one (PREP) session in the TMI laboratory and,
- ❑ free time to relax, assimilate experiences, exercise, and/or socialize.

Here is what participants have to say:

"Guidelines is my absolute favorite program of all. I really came away with very powerful guidance for my life and found it profound and VERY meaningful. In fact, I'm taking it again." - Maureen Caudill

"The people I met at Guidelines last November have profoundly touched and changed my life. I went to a very specific landscape in 27 while in the booth - a place unknown to me. I got the shock of my life when a few weeks ago I climbed a tabletop mountain in Colorado with 2 other TMI grads and there in front of me was the landscape from the booth in 27. Love being a TMI junkie!" - Suzanne Poirier

Give yourself the opportunity to gratefully and joyfully strengthen your connectedness with larger aspects of your self-awareness. Give yourself the gift of "coming home," to Self and to TMI.

s